



Grade (3-5) Counseling Curriculum

| Personal and Social Development | Academic Development | Career Development |
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| <p>Students will acquire and use self-knowledge, interpersonal skills, and personal safety skills.</p> | <p>Students will demonstrate a positive academic self-concept and achieve school success.</p> | <p>Students will develop career readiness and achieve career goals.</p> |
| <p>What students need to know and do:</p> <ul style="list-style-type: none"> *Develop personal strengths. *Recognize that attitudes effect feelings. *Identify and express feelings in an appropriate manner. *Recognize the effects of responsible behavior. *Recognize the relationship between thoughts, feelings, and behaviors. *Discuss school and community resources. *Understand the physical and mental effects of stress. *Develop strategies for managing stress. *Understand that changes are part of life/growth. *Demonstrate cooperation and teamwork. *Develop social skills to make and keep friends. *Define healthy relationship. *Develop awareness of how decisions/peer group influences impacts family life. *Respect alternate points-of-view. *Accept others and recognize personal strengths and limitations. *Understand the relationship between behavior and the consequences of that behavior (cause/effect). *Recognize decisions as positive or negative. *Learn importance of setting goals and identify steps toward a goal. *Develop awareness of positive/negative influences on decisions. *Demonstrate safe use of personal information. *Respect personal boundaries, rights, and privacy. *Recognize situations in which adults in the school or community are needed to keep students safe. *Recognize bullying and develop ways to respond appropriately including reporting/telling. *Recognize dangers of tobacco, drugs, and alcohol. *Develop ways to cope with peer pressure. | <p>What students need to know and do:</p> <ul style="list-style-type: none"> *Understand personal qualities that promote school success. *Demonstrate pride in work. *Understand how mistakes can be useful to learning. *Recognize academic strengths and areas for improvement. *Utilize daily routines to enhance regular/timely school attendance. *Apply cooperative learning strategies. *Recognize the importance of effort to learning. *Work independently and cooperatively to complete learning tasks. *Demonstrate good listening skills. *Ask for help when needed. *Identify passive, assertive, and aggressive communication styles. *Choose study and test-taking skills appropriate to their individual needs. *Demonstrate care of materials. *Demonstrate personal responsibility for academic success (rules, guidelines, Code of Conduct, Integrity). *Demonstrate preparedness (i.e. brings appropriate materials to class). *Develop an accurate understanding of personal academic strengths and areas of need. *Develop an understanding of multiple intelligences and how they relate to personal learning styles. *Participate in transition activities for middle school acclimation. (Fifth Grade). | <p>What students need to know and do:</p> <ul style="list-style-type: none"> *Recognize the changeability of the working world. *Acquire career-readiness skills (i.e. working on a team, problem-solving, and organizational skills, time/task, management skills, positive leadership abilities). *Identify personal skills and talents. *Demonstrate the ability to balance school, family, and leisure life. *Seek co-curricular and community experiences to enhance the school experience. *Recognize the relationship between personal skills, talents, and career goals. |